

Are You Getting Your DIM (Diindolymethane)?

Diindolymethane or DIM is a phytonutrient (plant nutrient) which is found naturally in cruciferous vegetables such as broccoli, cauliflower, brussels sprouts and cabbage. Eating these vegetables provides your body with DIM. A major benefit of DIM is that it helps balance the sex hormones estrogen and testosterone in both males and females. Moreover, DIM also promotes healthy estrogen metabolism.

The hormone estrogen does not just remain as estrogen in the human body. Rather, it's broken down and turned into other forms of estrogen that can be either beneficial or harmful. DIM has been shown to promote "good estrogen" metabolism and thus decrease the "bad estrogen" metabolism. The good estrogens are healthy and act as antioxidants in the body. They help regulate energy metabolism, and improve mood, memory and energy. In contrast, the harmful estrogen metabolites are associated with weight gain, and may be associated with increased risk of certain cancers such as breast and uterine cancer.

Another hormonal benefit of DIM is that it can increase the amount of bio-available or "free" testosterone in the body. Most of our testosterone is bound to protein and serves as somewhat of a reserve supply. The free testosterone which is available to bind to cells does the work of supporting energy, improving mood and promoting a healthy libido. Both men and women benefit from having increased free testosterone.

Even if you eat a lot of cruciferous vegetables, in order to get enough DIM to be effective, you would have to literally eat buckets of vegetables daily (up to two pounds). So you may want to consider taking a DIM supplement. Thankfully, there are no reported side effects of DIM. The daily recommended dose of DIM in women is 100-200 mg and in men 200-400 mg. Also, be sure to purchase a microencapsulated form of DIM, otherwise it may not be absorbed well in the body.

DIM should be considered complementary to your bio-identical hormone program. It promotes proper hormone metabolism and enhances health benefits. All these help contribute to feeling better, healthy aging and an improved quality of life.

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